

**SOCIETY OF SOCIAL PSYCHIATRY P. SAKELLAROPOULOS-  
SSP P.SAKELLAROPOULOS**

GREECE

Mental Health Europe European Capacity Building Event

Supporting the Mental Health & Wellbeing of Young People in Formal Education– Sharing good practices in Europe  
November 29, 1.30–3.30 PM CET

**Living and Learning... Together!**

Strengthening/enhancing the mental resilience  
of learners and young people  
in the school community - in Greece



**Target group(s)**

Mental health program in school education (primary and secondary). Concerns a range of 5-18 years old students (children & adolescents,) - Parents- School teachers- Vulnerable Groups and general population.

**GENERAL DESCRIPTION**

**Area(s)**

in 8 prefectures: Attica, Fokida, Fthiotida, Rethymnon, Evia, Magnisia, Evros, Rodopi- Greece



**Description  
of the practice**

It is a multidimensional experiential program  
Promoting mental health through the strengthening of mental resilience in the school community  
Awareness raising, promoting human rights, eliminating stigma  
Preventing mental disorders through training & psychoeducation experiential workshops  
Offering on-site crisis intervention in the school community establishing sentimental bonds & empowering the vulnerable groups/students,  
Erasing stress & trauma for those in need



**Objectives  
of the practice**

1. Promoting the message that: Together is better!... easier!... and fun!
2. Changing the self, Changing our group, Promoting our wellbeing!
3. Mental resilience, Creativity, Capacity building

**RESULTS**



**Challenges  
and overcoming  
strategies**

**Collaboration with the Formal education.** The Program is implemented with an annual license from the Ministry of Education. Collaboration has been also, achieved with the University of Thessalia (School psychology department) and with leaders across the school institutional framework: Education Coordinators, Mental Health Managers, School Unit Managers, Primary and Secondary Education Teachers, Parents' Associations, Student Councils etc.

**Visibility/Recognition/Validation.** Approved by the Institute of Educational Policy (IEP)-Ministry of Education- and introduced in the Training Program "Training of teachers in skills through workshops" (MIS 5092064) is now visible in the Ministry of Education official website and eligible for schools all over Greece. Recognized as a good practice of Social Inclusion & Social Integration by the European Disability Forum (EDF) and Social Firms Europe- CEFEC. Displayed in the Observatory of Sustainable Development Initiatives that are developed in Greece. "Success story" & "Good Practice" for the innovative material of "DSH Positive Choices": from the "European Commission Directorate-General Education, Youth, Sport and Culture"

**Funding problems to be implemented at a panhellenic level.** The wide range and social impact of the program facilitates the efforts to expand the funding of the Program's activities, through attracting donors and funding, collaborating with local agencies, other organizations and civil society organizations. The pilot program of the project (for the year 2018-9) was funded by the Region of Attica, which incorporated it as a child protection program.



**Benefits  
for target  
group/s**

The Program strengthens  
school units- formal school education (primary and secondary) – by promoting psycho-emotional support, solidarity, reciprocity and psychosocial inclusion through networking and cooperating actions with organizations active in this field.  
the school community triangle, the "parents, educators and students" to embrace vulnerability and to connect with mental health professionals and the forces of the wider community: organizations, bodies, civil society, in an unbreakable unity with the aim of strengthening mental health and mental resilience.  
students (children & adolescents) to build soft skills and enrich their capacities repertoire, so as to achieve their wellbeing goals in life  
teachers and parents to promote mental health and wellbeing in their schools in their families providing informal education and psychoeducation about child and adolescent protection and supporting them so they can respond to their parenting role and increase their own 'mental resilience'.  
All three target groups of children - adolescents, parents and teachers, learn to establish alliances and bonds between them so as to gain a better quality of life



**Feedback  
from stakeholders**

...the messages and attitudes promoted by the program, on the one hand, enrich school life and on the other hand come to support the psychosocial work of the school, offering specialized knowledge, methods and techniques to our teaching staff... (Giannis, school director)

The small children learn to try to say "we" instead of "I"... "let us not be selfish", "let us give generously", to work as a team and much more. But at some point we need to refresh all this knowledge!... It helped me a lot that I realized that even if we have fought there is always a solution. I propose that these programs be extended to all school units because they really calm us down. (Ioanna 9 years old)

Hereby, we would like to thank you for the cooperation and the contribution of the educational program and material submitted by your organization, following the 26-02-2020 invitation, to the "21+ Program: Skills Workshops" of the IEP. As you know, the programs, methodology and educational material that made up the "21+ Program: Skills Workshops" were implemented during the 2020-2021 school year by approximately two thousand five hundred (2,500) teachers of two hundred and eighteen (218) school units (Official Gazette 2847/B/13-7-2020), following their relevant training in new methodologies and the pedagogy of skills... We consider it important to continue our cooperation and grant your program and material to the new design of the 21+ Program for the phase of generalization in all schools of the country... (IEP- Ministry of Education)

On behalf of the Minister of Education & Religious Affairs Niki Kerameos, we would like to thank you warmly for the "Action Report" of the year 2020 of the SSP P. Sakellariopoulos that you sent us. We would also like to congratulate you on the initiative to include in it the activity of the residents of the Psychosocial Rehabilitation units, a move that demonstrates in practice the importance of an open society that attempts in every way to achieve a high level of mental health for all... (Office of the Minister of Education & Religious Affairs)



**Sustainability**

It is included permanently in the Community Education Programs and the Prevention and Awareness-raising programs of the 35 mental health units of SSP P. Sakellariopoulos at a panhellenic level.

The social impact is multiplied through 1332 multidimensional actions, since 2018, involving the participation of 10,778 young people and 4,130 professionals. Mental health educators, school teachers and volunteers have received informal training in this innovative approach by building skills they will reproduce in their workplace.

The program has been standardized & was presented recently in the scientific community at the 3rd Panhellenic school psychology conference, Thessaloniki 11/13/2022, as a flexible tool-model for similar interventions utilizing the triangle: individual-community-civil society actors. It is also, displayed through networks in a Panhellenic & European level.



**Key elements  
for transferability**

Holistic, Universal & Interprofessional mental health interventions promoting wellbeing

Separate action packages for students, parents, professionals and institutions, in collaboration with local communities & other civil society actors

Experiential workshops designed according to the expressed needs & wishes of school communities and participants

Connecting school community with mental health professionals and the forces of the wider community

Combined model & techniques of experiential interventions that utilize the latest scientific standards derived from: Psychoanalytic Prism, action research, Non-Directive Intervention-NDI, Art therapy, Systemic therapy, Trauma-Focused Cognitive Behavioral Therapy (CBT – TF), Drama/Dance/Music therapy, Psychoeducation, etc



**Links**

<https://ekpse.gr/en/>  
<https://www.inclusive-education-in-action.org/case-study/pilot-programme-strengthening-enhancing-mental-resilience-learners-and-young-people>  
<https://observatory.sustainablegreece2020.com/gr/practice/pilot-programme-endynamwshsenisxshs-ths-psykhhs-an8ek-1631.html>  
<https://iep.edu.gr/el/psifiako-apothetiri-o/skill-labs/1656-2-psyxiki-kai-synaisthima-ki-ygeia-prolipsis>



**Contact details**

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